



City of Albuquerque
Parks & Recreation Department
Outdoor Recreation Section



Monster Adventures Spring Break Sampler

To the Monster Adventurer and Parents/Guardians,

Thank you for choosing Outdoor Recreation to help fulfill your recreation needs. I sincerely hope you have as much fun taking part in this adventure as I will leading it. Reading this letter is your first step to making sure you're properly prepared for the adventure, and that will help make sure you have a great time. So please read and heed the rest of this page.

Caving, rappelling and climbing are all **HIGH ADVENTURE** sports with some risk. You can do everything right and still get seriously injured, but being properly prepared and equipped can help a great deal toward minimizing the risks. I believe knowing that there *are* risks is also important for staying safe. And safety is a top priority for Outdoor Recreation (ODR) and all of its employees. All of ODR's Adventure Leader's are required to be trained in First Aid & CPR, and, in addition, several are trained in Wilderness First Aid. Adventure Leaders are also instructed in proper and safe use of all adventure gear. The gear ODR owns is inspected regularly and taken out of service if found to be unsafe in any way.

ODR also stresses the Leave No Trace outdoor ethic (www.Int.org/programs/principles.php) during all of our adventure trips. Please read and familiarize yourself with the 7 Principles on LNT's web site before the trip. If you pack it in, you will pack it out. This is especially important when caving.

ODR will provide all rappelling and climbing ropes and anchors, carabiners, belay/rappel devices, as well as a helmet, harness, headlamp, 1 flashlight and gloves for each participant.

Participants are expected to bring the following items:

- Day or book pack
- Lots of drinking water, lunch and snacks (maybe \$10 in cash, in case we stop for food)
- Sunscreen and hat to protect your face
- Sturdy shoes for hiking
- Dress for the weather, but bring extra layers & rain gear
- For caving, layers of warm clothes, since the cave is pretty cold inside (45-50° F), but not your good clothes, since caving is very hard on clothing

Optional items:

For Climbing:

- Climbing shoes (*highly* recommended) (available at REI or Stone Age Climbing Gym)

For Caving:

- Flashlight, if you own a good one
- Pee bottle, burrito bag, TP and a plastic bag (you can't leave *anything* in a cave!)
- An alternative to the pee bottle is a Travel John, available on the Web and at Pep Boys

If you have any questions, please contact me at 768.5349 or skapel@cabq.gov.

Expect to have FUN! If adventure sports weren't fun, they would be called "*homework*"!

Shauna Kapel, Senior Adventure Leader and FUN Instigator
City of Albuquerque Parks and Recreation Department, Outdoor Recreation Section